

# College Park Family Care Center, P.A. Orthopedic Services

## ROTATOR CUFF EXERCISES

### Internal Rotation



Start with elbow flexed at waist, grab tubing, so that you can pull tubing into stomach region

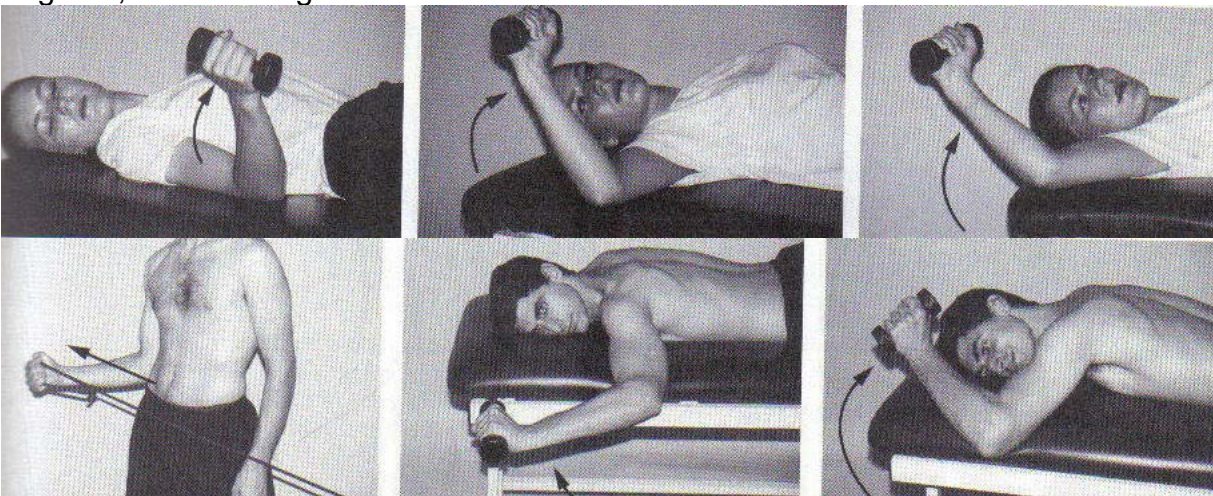
### External Rotation



Start with elbow flexed at waist, grab tubing, so that you can pull tubing away from stomach region

### Alternative Internal and External Rotation Exercises

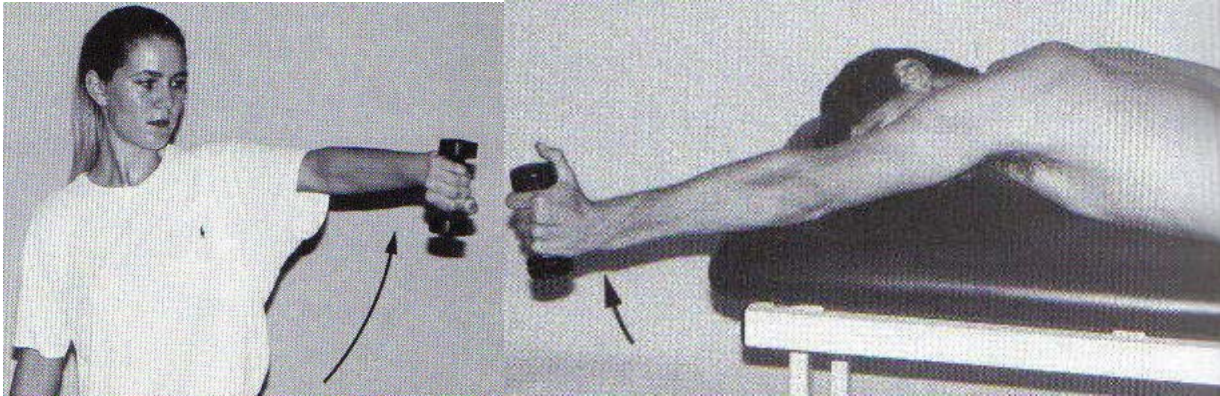
Lying down, using a dumbbell, bringing it away from the body or toward the body at neutral, 90 degrees, and 150 degrees



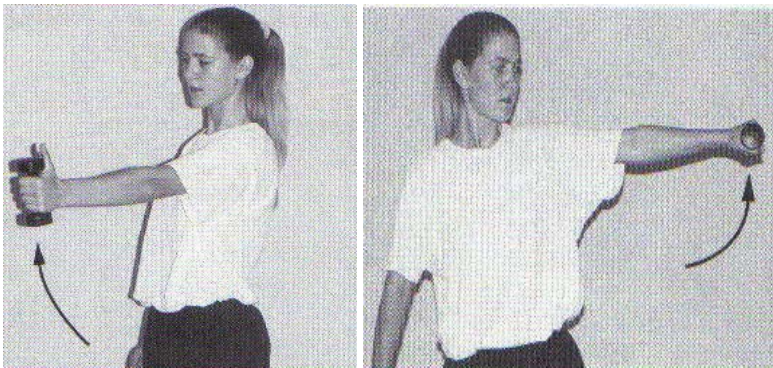
## Scaption

Standing or Prone

Use less than 10 lbs when performing this exercise

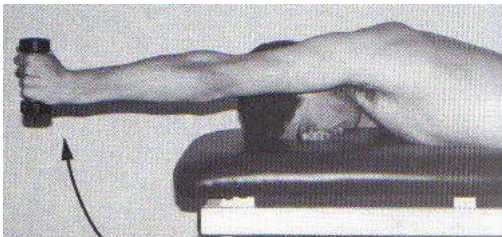


## Shoulder Flexion and Abduction Exercise



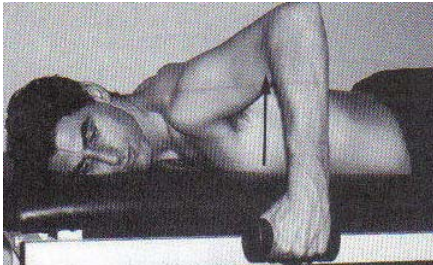
Using a dumbbell or tubing, elevate the arm directly in front of you and to the side of you to 90 degrees

## Superman Exercise



Lying on your stomach, lift the dumbbell directly in front of you and then down at your side, and repeat

## Pull-backs Exercises



## Bent Rows



## Shoulder Extension Exercises

